

5 A Day Recipes

Soups and Salads

Spinach Salad for Spring and Summer

Serves 2

Provides 2 ½ fruit and vegetable servings per person

Try creating a spinach salad with new varieties of fruits and vegetables as seasonal produce comes to the markets. Start with 3 cups of raw baby spinach for 2 people (1.5 cups per person.). In the spring, add a cup of diagonally cut sugar snap peas or fresh strawberry halves. As the season progresses, change to fresh blueberries, peaches, or nectarines. Just 1 cup of colorful fruits and vegetables from a local farmers market, roadside stand, or supermarket added to your salad gives each person an extra serving toward the recommended goal of 5 to 9 servings of fruits and vegetables each day. Plus, it adds elegance to an otherwise average dish.

- 3 cups baby spinach leaves, well washed and dried
- 1 cup seasonal fresh vegetables or fruits of your choice such as raw sugar snap
- peas, strawberry halves, blueberries, or peach slices
- 3 tablespoons low-fat vinaigrette salad dressing
- ¼ teaspoon black pepper

Place the spinach and seasonal fruits or vegetables in a large bowl. The more colors you add to your diet, the more cancer fighting nutrients you'll get. Toss with the dressing and serve.

Nutritional Analysis per serving:

(with strawberries):

59 calories

2 g fat

28% calories from fat

0 g saturated fat

0% calories from saturated fat

10 g carbohydrates

250 mg sodium

6 g dietary fiber